

Smoky chicken, chorizo and chickpea Soul Bowl



This recipe is perfect for those bright, cold days where you might plan to have lunch on anchor at Osbourne Bay, or for that wet and windy day you seek shelter in the Lee of the island. This dish never fails to delight, it's filling- without being too heavy- and quick to prepare, making it the perfect option for cooking onboard.

Get your hands around a hot bowl of soul!

You will need:

1 tbsp of Olive Oil

1 260g Chorizo ring cut in half, skin and slice into bite sized pieces about 5mm wide. Save the other half to have with your cold beers later.

1 large Spanish Onion chopped

2 Cloves of garlic thinly sliced

2 Tsp of Smoked Paprika (Buy La Chinata if you can)

2 Ready to eat roast Chicken breast fillets, skin removed and sliced

1 Fresh red chilli sliced or ½ Tsp of dried chilli flakes

800 ml Chicken Stock

1 400g Tin Chickpeas, drained

1 400g Tin chopped tomatoes

2 tbsp tomato puree

1 120g (Approx.) bag of baby spinach leaves

Bread to serve

*Tip – If you don't plan to buy fresh bread, consider good quality part baked. I like Paul Hollywood Ready to Bake Crusty Rolls.

Method

One.

Heat Oil in a large saucepan on a medium heat. Add the onion, garlic and chilli and when softened toss the chorizo into the pan. As the chorizo begins to change colour and release its oil add the smoked paprika.

Two.

Stir together for two minutes before adding the stock, tomatoes, puree and chickpeas. Bring to the boil and then simmer on a low heat for 20 minutes.

Three.

Add the sliced chicken breast and cook for a further 5 minutes ensuring the chicken has been properly heated through. Finally, toss the spinach into the stew and allow the leaves to wilt before serving with some crusty bread.

Serves 4.